

# Snack Time!

**MyPlate Nate** and **Kate** like healthy snacks. Their snacks include foods from the five food groups. They choose snacks that do not have too much added sugar, fat, or salt. They only have cookies, cakes, and candies for snacks sometimes—and not too much. This helps them get the foods they need to feel their best and be healthy.

**Draw your favorite healthy snack on the empty plate below.**



## Parents

Do you send snacks to school?

Try these healthy favorites:

- unsweetened applesauce
- fruit cups packed with 100% juice
- raisins
- whole-grain crackers
- low-fat popcorn
- low-sugar whole-grain cereal



January 2023 • FNS-471E

USDA is an equal opportunity provider, employer, and lender.

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

# Water Is Wonderful!

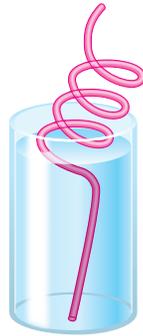
When you get thirsty from running around and playing, water can be the best drink. Try these ways to make your water fun and yummy. Which way do you like best?

**Ask your family and friends which way they like best. Write a tally mark for each person that picked each choice.**

Add a slice of fruit like strawberry or lemon



Drink water with a fun straw



Use a cool sports bottle



Add a little 100% juice to plain sparkling water



**Parents:** Drinks can be full of added sugars and calories. Kids can fill up on sweet drinks and not get the nutrition they need from healthier foods. Sipping on sweet drinks can also contribute to cavities. Use this guide to help your family make healthier drink choices.\*

Drink (8 fl oz portion)	Teaspoons of Added Sugars	Calories
Water	0 teaspoons	0
100% Orange Juice	0 teaspoons	119
Fat-Free Plain Milk	0 teaspoons	83
Fat-Free Chocolate Milk	2 teaspoons 	166
Sports Drink	3 teaspoons 	64
Fruit-Flavored Drink from Powdered Mix	4 teaspoons 	62
Soft Drink (cola)	6 teaspoons 	104
Root Beer	6 ¼ teaspoons 	102
Fruit Drink (with high vitamin C)	6 ½ teaspoons 	114
Lemonade	7 teaspoons 	114

\*Data Source: U.S. Department of Agriculture, Agricultural Research Service. 2020. *USDA Food and Nutrient Database for Dietary Studies and USDA Food Patterns Equivalents Database 2017-2018*. Food Surveys Research Group Home Page, [ars.usda.gov/nea/bhnrc/fsrg](https://ars.usda.gov/nea/bhnrc/fsrg).